



2010 Do Something Healthy Lecture Series

WINTER: JANUARY 28

Sensible Weight Loss 101: Losing It in the New Year

Come learn how to lose weight through healthy lifestyle changes. We will take a closer look at reasons and myths for why we are overweight and how to overcome them. Taught by a MultiCare registered dietitian.

** Come early to have your body mass index measurement calculated by our BioMeasure machine.*

SPRING: MAY 6

Knowing Your Numbers 101

Did you know that heart disease is a leading cause of death for both men and women? Come learn about cardiac risk factors and how to reduce your own risk for heart disease or heart attack. Taught by a MultiCare registered nurse.

SUMMER: AUGUST 19

Back to School Wellness 101 for Families

Learn the essentials of eating healthy and exercising even with busy back-to-school schedules. Taught by a MultiCare registered dietitian, this class will include guidance on fueling young students for optimal performance in the classroom, on the field and at home.

FALL: NOVEMBER 2

Healthy Holiday Cooking 101

Learn the essentials of healthy holiday cooking while enjoying a food demonstration and sampling healthy recipes. Taught by a MultiCare registered dietitian.

Doors Open: 6pm • Program: 7pm • Cost: \$5.00

Location: Jackson Hall • 314 Martin Luther King Jr. Way, Tacoma

Call 800.485.0205 or log on to www.piercecountygetsfit.org to register.

MultiCare 
BetterConnected
 Center for Healthy Living

 **PIERCE COUNTY
GETS FIT & HEALTHY**
 MultiCare 
 BetterConnected
 Center for Healthy Living
  Tacoma | Pierce County
Health Department